

**AFRH - W / MASTER MENU / H, 2019 CYCLE THREE - DL**

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

<b>3-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M</b>	DL Oatmeal / DL Grits	DL Italian Wedding Soup	DL Italian Wedding Soup
<b>O</b>	DL Scrambled Egg Beaters	DL Chicken Cacciatore	American Style Tomato & Beef
<b>N</b>	Hard Boiled Eggs	DL Pasta Variety	Goulash W/ Macaroni
<b>9-Mar</b>	DL Turkey Bacon	DL Whole Green Beans	DL Pacific Rim Blend Vegetables
<b>2020</b>	Biscuits / DL Biscuit Gravy	DL Mix Veggies / DL Gralic Bread / Ro	DL Cauliflower / Rolls
<b>T</b>	DL Oatmeal / DL Cream of Wheat	DL Knickerbockers Soup	DL Knickerbockers Soup
<b>U</b>	DL Scrambled Egg Beaters	DL Vegetable Cutlet w/ Marinara Sc	DL Meatloaf
<b>E</b>	Hard Boiled Eggs	Vermicelli Pasta	DL Mashed Potatoes w/DL Gravy
<b>S</b>	DL Turkey Sausage Patties	DL Whole Kernel Corn	DL Steamed Broccoli
<b>10-Mar</b>	DL Lyonnaise Potatoes	DL Normandy Blend Vegetables	DL Carrots
<b>2020</b>	Biscuits / DL Biscuit Gravy	Wheat Rolls	Wheat Rolls
<b>W</b>	DL Oatmeal / DL Grits	DL Chicken & Rice Soup	DL Chicken & Rice Soup
<b>E</b>	DL Scrambled Egg Beaters	DL Country Ribs Smothered in Onions	DL Crab Salad w/Low Sodium Crackers
<b>D</b>	Hard Boiled Eggs	DL Oven Roasted Potatoes	Baked Sweet Potato
<b>11-Mar</b>	LF / LS Grilled Ham	DL Green Beans	DL Normandy Blend Vegetables
<b>2020</b>	Biscuits / DL Biscuit Gravy	DL Steamed Cauliflower / Rolls	DL Squash / Assorted Rolls
<b>T</b>	DL Oatmeal / DL Grits	DL Cream of Broccoli Soup	DL Cream of Broccoli Soup
<b>H</b>	DL Scrambled Egg Beaters	DL Grilled Chicken Breast w/Veggies	DL Grilled Pork Wings
<b>U</b>	Hard Boil Eggs	DL Baked Potato Wedges	Brown Rice pilaf
<b>R</b>	DL Turkey Sausage Link	DL Field Peas w/Snap Beans	DL Cashew Pea Salad
<b>12-Mar</b>	Biscuits / DL Biscuit Gravy	DL Cabbage / Wheat Rolls	DL Spinach / Rolls
<b>2020</b>			
<b>F</b>	DL Oatmeal / DL Cream of Wheat	DL Pinto Bean Soup	DL Pinto Bean Soup
<b>R</b>	DL Scrambled Egg Beaters	DL Baked Fish Pecan	DL Grilled Chopped Steak
<b>I</b>	Hard Boiled Eggs	DL Mediterranean Penne Pasta	Baked Potato w/FF Sour Cream
<b>13-Mar</b>	DL Creamed Ground Beef	DL Brussels Sprouts	DL Green Peas
<b>2020</b>	Biscuits / DL Biscuit Gravy	DL Squash / Assorted Rolls	DL Stewed Tomatoes / Rolls
<b>S</b>	DL Oatmeal / DL Grits	DL Vegetable Soup	DL Vegetable Soup
<b>A</b>	DL Scrambled Egg Beaters	DL Beef Stew	DL Sautee'd Shrimp
<b>T</b>	Hard Boiled Eggs	DL Buttered Noodle	Steamed Brown Rice
<b>14-Mar</b>	DL Turkey Bacon	DL Beets	DL Zucchini
<b>2020</b>	DL O'Brian Potatoes	DL Mustard Green	DL Italian Pepper Salad
	Biscuits / DL Biscuit Gravy	Wheat Rolls	Assorted Rolls
<b>S</b>	DL Oatmeal / DL Grits	DL Kansas City Steak Soup	DL Kansas City Steak Soup
<b>U</b>	DL Scrambled Egg Beaters	DL Baked Chicken w/BBQ Shake	DL Yankee Pot Roast 'n DL Gravy
<b>N</b>	Hard Boil Eggs	DL Potato Salad	DL Oven Roasted Diced Potatoes
<b>15-Mar</b>	LF/LS Grilled Ham	DL Peas & Mushrooms	DL Asparagus Spears
<b>2020</b>	Biscuits / DL Biscuit Gravy	DL Turnip Greens / Assorted Rolls	DL Coleslaw / Rolls

**STANDARD BREAKFAST MENU ITEMS**

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,  
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

**STANDARD MENU ITEMS ALL MEALS**

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,  
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

**STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER**

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,  
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,  
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,  
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,  
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

**STANDARD SALAD DRESSINGS**

ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

**SALADS / GELATINS**

Green Pea w/Carrot Salad / Strawberry  
Marinated Cucumbers / Orange  
Potato Salad / Cherry  
German Tomato Salad / Lemon  
Broccoli Salad / Raspberry  
Fruit Salad / Lime

Macaroni Salad / Watermelon

**DAILY SALAD BAR ROTATION**

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**  
**Saturday**  
**Sunday**

**FRUITS**

Sliced Peaches / Mandarin Oranges  
Sliced Peaches / Tropical Fruit Cocktail  
Sliced Peaches / Pineapple Chunks  
Sliced Peaches / Apricot Halves  
Sliced Peaches / Fruit Cocktail  
Sliced Peaches / Pineapple Slices  
Sliced Peaches / Pear Halves